



Practice Guidelines

Fee

My individual psychotherapy fee is \$160.00 for a 55-60 minute session, \$150.00 for a 45-minute session and \$100.00 for a 30-minute session. The fee for couples and family psychotherapy is \$160.00 for a 45-minute session. An initial intake is billed at \$190.00 for a 60-75 minute session. Children will be seen for 30-45 minutes depending on their age, need, and the quality of any one session. I expect that you will pay me directly at the beginning of a session. Unpaid balances will either go to small claims court or a collection agency with ample notice to you. Any court involvement will be billed at \$300/hour plus expenses and travel.

Missed Appointments

Any appointment not cancelled at least 24 hours prior to the scheduled time will be billed at the hourly rate

Voicemail and Office Hours

I listen to my voicemail on a daily basis and will return phone calls within 1 business day. After business hours and on weekends, if you have an urgent need, you can try my mobile phone (919-636-5982) and in the case of an emergency, please call 911 or go to your nearest emergency room (hospital) and ask for the psychiatrist on call.

Confidentiality

You have the right to privacy and I do not have the right, without written permission from you (or the guardian of a child) to share information about you with anyone —EXCEPT:

- If your records are court ordered.
- There is suspicion of child abuse or abuse of a vulnerable adult.
- You are a minor in which case your parents may have access to your records.
- In the case of an emergency, or if you threaten to take your own life. In the case of a threat to the life of another, I have legal responsibility to warn that person.
- If my services are being reimbursed by a third party (insurance carrier), that party has the right to review your records or request a summary of your treatment.

Your Rights

It is my goal to serve you in the most helpful way possible. I expect you to be open, honest and willing to share your concerns. I also expect you to ask questions if you do not understand something that I have said. The following are your rights regarding our work together:

- You have the right to quality service. I will make every effort to provide you with considerate, respectful, professional, and appropriate care.
- You have the right to understand your treatment and my understanding of our work together.
- You have the right to refuse treatment. If you disagree with my recommendations for treatment, let's talk about it.
- You have the right to information. You may review your file but this must be done in my presence.
- You have the right to feel safe and free from physical, emotional, sexual abuse or harassment. Rev 01/01/12